

## USDA National Nutrient Database for Standard Reference Release 28

## Statistics Report 01056, Cream, sour, cultured

Report Date: December 09, 2015 18:09 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <sup>1</sup>	g	73.07	--	0.455	71.32	74.89	2.0	71.182	74.959	1	Analytical or derived from analytical	--	02/2015
Energy	kcal	198	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Energy	kJ	830	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Protein <sup>1</sup>	g	2.44	--	0.204	1.53	3.13	7.0	1.953	2.931	1	Analytical or derived from analytical	--	02/2015
Total lipid (fat) <sup>1</sup>	g	19.35	--	0.152	17.65	20.26	3.0	18.811	19.884	1	Analytical or derived from analytical	--	02/2015
Ash <sup>1</sup>	g	0.51	--	0.036	0.36	0.68	5.0	0.416	0.598	1	Analytical or derived from analytical	--	02/2015
Carbohydrate, by difference	g	4.63	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Fiber, total dietary <sup>2</sup>	g	0.0	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Sugars, total <sup>1</sup>	g	3.41	--	0.189	3.1	3.7	1.0	1.729	5.089	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Glucose (dextrose) <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Fructose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Lactose <a href="#">1</a>	g	3.41	--	0.189	3.1	3.7	1.0	1.729	5.089	1	Analytical or derived from analytical	--	02/2015
Maltose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Galactose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Starch <a href="#">2</a>	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	101	--	0.921	97	108	5.0	98.863	103.57	1	Analytical or derived from analytical	--	02/2015
Iron, Fe <a href="#">1</a>	mg	0.07	--	0.000	0.07	0.07	8.0	0.073	0.073	1	Analytical or derived from analytical	--	02/2015
Magnesium, Mg <a href="#">1</a>	mg	10	--	0.065	9	10	5.0	9.523	9.853	1	Analytical or derived from analytical	--	06/2008

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Phosphorus, P <a href="#">1</a>	mg	76	--	0.892	73	81	5.0	73.557	78.09	1	Analytical or derived from analytical		-- 02/2015
Potassium, K <a href="#">1</a>	mg	125	--	1.876	106	134	8.0	120.401	129.053	1	Analytical or derived from analytical		-- 02/2015
Sodium, Na <a href="#">1</a>	mg	31	--	0.817	27	37	7.0	29.456	33.291	1	Analytical or derived from analytical		-- 02/2015
Zinc, Zn <a href="#">1</a>	mg	0.33	--	0.006	0.3	0.35	8.0	0.313	0.339	1	Analytical or derived from analytical		-- 02/2015
Copper, Cu <a href="#">1</a>	mg	0.018	--	0.000	0.02	0.02	8.0	0.018	0.018	1	Analytical or derived from analytical		-- 02/2015
Manganese, Mn <a href="#">1</a>	mg	0.015	--	0.000	0.02	0.02	--	--	--	1	Analytical or derived from analytical		-- 02/2015
Selenium, Se <a href="#">1</a>	µg	3.7	--	0.055	3.5	4.1	2.0	3.42	3.901	1	Analytical or derived from analytical		-- 02/2015
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 11/1976
Thiamin <a href="#">1</a>	mg	0.020	--	0.000	0.02	0.02	--	--	--	1	Analytical or derived from analytical		-- 02/2015
Riboflavin <a href="#">1</a>	mg	0.168	--	0.004	0.16	0.18	1.0	0.138	0.198	1	Analytical or derived from analytical		-- 02/2015

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Niacin <a href="#">1</a>	mg	0.093	--	0.001	0.07	0.1	1.0	0.076	0.11	1	Analytical or derived from analytical	--	02/2015
Pantothenic acid <a href="#">1</a>	mg	0.472	--	0.026	0.37	0.52	2.0	0.344	0.6	1	Analytical or derived from analytical	--	02/2015
Vitamin B-6 <a href="#">1</a>	mg	0.041	--	0.002	0.04	0.05	1.0	0.026	0.055	1	Analytical or derived from analytical	--	02/2015
Folate, total <a href="#">1</a>	μg	6	--	--	4	7	--	--	--	1	Analytical or derived from analytical	--	02/2015
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Folate, DFE	μg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Choline, total <a href="#">2 3</a>	mg	19.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Betaine <a href="#">2 3</a>	mg	0.6	--	--	0.5	0.8	1.0	--	--	2	Analytical or derived from analytical	--	12/2006
Vitamin B-12 <a href="#">1</a>	μg	0.21	--	0.037	0.15	0.27	1.0	-0.192	0.608	1	Analytical or derived from analytical	--	02/2015
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	124	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Retinol <sup>1</sup>	µg	121	--	11.370	98	171	2.0	61.886	180.934	1	Analytical or derived from analytical	--	02/2015
Carotene, beta <sup>1</sup>	µg	25	--	1.565	21	32	1.0	11.335	38.509	1	Analytical or derived from analytical	--	02/2015
Carotene, alpha <sup>1</sup>	µg	0	--	0.062	0	1	1.0	-0.007	0.949	1	Analytical or derived from analytical	--	06/2008
Cryptoxanthin, beta <sup>1</sup>	µg	1	--	0.077	0	1	2.0	0.234	0.935	1	Analytical or derived from analytical	--	02/2015
Vitamin A, IU	IU	447	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Lycopene <sup>1</sup>	µg	0	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2008
Lutein + zeaxanthin <sup>1</sup>	µg	4	--	0.527	2	5	2.0	1.969	6.651	1	Analytical or derived from analytical	--	02/2015
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.38	--	0.023	0.33	0.44	2.0	0.277	0.482	1	Analytical or derived from analytical	--	02/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta <sup>1</sup>	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Tocopherol, gamma <sup>1</sup>	mg	0.30	--	0.042	0.22	0.52	1.0	-0.203	0.803	1	Analytical or derived from analytical	--	02/2015
Tocopherol, delta <sup>1</sup>	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Vitamin D2 (ergocalciferol) <sup>1</sup>	µg	0.0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Vitamin D3 (cholecalciferol) <sup>1</sup>	µg	0.0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2015
Vitamin K (phylloquinone) <sup>1</sup>	µg	1.5	--	--	1.4	1.5	--	--	--	1	Analytical or derived from analytical	--	02/2015
<b>Lipids</b>													
Fatty acids, total saturated	g	10.140	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
4:0 <sup>1</sup>	g	0.031	--	0.007	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
6:0 <sup>1</sup>	g	0.203	--	0.008	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015

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8:0 <a href="#">1</a>	g	0.145	--	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
10:0 <a href="#">1</a>	g	0.378	--	0.010	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
12:0 <a href="#">1</a>	g	0.447	--	0.013	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
14:0 <a href="#">1</a>	g	1.626	--	0.024	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
15:0 <a href="#">1</a>	g	0.171	--	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
16:0 <a href="#">1</a>	g	5.154	--	0.125	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
17:0 <a href="#">1</a>	g	0.108	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:0 <a href="#">1</a>	g	1.832	--	0.058	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
20:0 <a href="#">1</a>	g	0.027	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
22:0 <a href="#">1</a>	g	0.011	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015

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24:0 <sup>1</sup>	g	0.006	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2015
Fatty acids, total monounsaturated	g	4.594	--	--	--	--	--	--	--	--	Calculated or imputed		-- 02/2015
14:1 <sup>1</sup>	g	0.134	--	0.006	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2015
15:1 <sup>2</sup>	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2009
16:1 undifferentiated <sup>1</sup>	g	0.294	--	0.010	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2015
16:1 c <sup>1</sup>	g	0.294	--	0.010	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2015
17:1 <sup>1</sup>	g	0.007	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2015
18:1 undifferentiated <sup>1</sup>	g	4.129	--	0.087	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2015
18:1 c <sup>1</sup>	g	3.463	--	0.058	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2015
18:1 t <sup>1</sup>	g	0.666	--	0.029	--	--	--	--	--	1	Analytical or derived from analytical		-- 02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 <sup>1</sup>	g	0.029	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
24:1 c <sup>1</sup>	g	0.001	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
Fatty acids, total polyunsaturated	g	0.800	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
18:2 undifferentiated <sup>1</sup>	g	0.648	--	0.025	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:2 n-6 c,c <sup>1</sup>	g	0.438	--	0.027	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:2 CLAs <sup>1</sup>	g	0.081	--	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:2 t not further defined <sup>1</sup>	g	0.130	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:3 undifferentiated <sup>1</sup>	g	0.074	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.068	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-6 c,c,c <sup>1</sup>	g	0.006	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:2 n-6 c,c <sup>1</sup>	g	0.008	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
20:3 undifferentiated <sup>1</sup>	g	0.019	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
20:3 n-6 <sup>1</sup>	g	0.018	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
20:4 undifferentiated <sup>1</sup>	g	0.025	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
20:5 n-3 (EPA) <sup>1</sup>	g	0.006	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
22:4 <sup>1</sup>	g	0.001	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
22:5 n-3 (DPA) <sup>1</sup>	g	0.011	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
22:6 n-3 (DHA) <sup>1</sup>	g	0.001	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.796	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Fatty acids, total trans-monoenoic	g	0.666	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Cholesterol <sup>1</sup>	mg	59	--	0.863	53	62	2.0	55.31	61.735	1	Analytical or derived from analytical	--	02/2015
<b>Amino Acids</b>													
Tryptophan <sup>2</sup>	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Threonine <sup>2</sup>	g	0.142	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Isoleucine <sup>2</sup>	g	0.163	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Leucine <sup>2</sup>	g	0.322	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Lysine <sup>2</sup>	g	0.275	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Methionine <sup>2</sup>	g	0.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Cystine <sup>2</sup>	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Phenylalanine <sup>2</sup>	g	0.157	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine <a href="#">2</a>	g	0.152	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Valine <a href="#">2</a>	g	0.195	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Arginine <a href="#">2</a>	g	0.117	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Histidine <a href="#">2</a>	g	0.092	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Alanine <a href="#">2</a>	g	0.116	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Aspartic acid <a href="#">2</a>	g	0.262	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Glutamic acid <a href="#">2</a>	g	0.673	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Glycine <a href="#">2</a>	g	0.076	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Proline <a href="#">2</a>	g	0.310	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Serine <a href="#">2</a>	g	0.191	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
<b>Flavonoids</b>													
Isoflavones													
Genistein <sup>4</sup>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <sup>4</sup>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18c, 2014 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7d, 2002 Beltsville MD

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

<sup>4</sup>Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States)., 2000 Cancer Causes and Control 11 pp.289-298